

# Community Garden News

City of Loma Linda  
July 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



## Gardens in Bloom

Summer is in full tilt and the Loma Linda Community Garden is greener than ever! Thank you for putting in the long hours to produce such beautiful vegetable gardens.

For those gardeners participating in the Tool Lending Library, a mini rotatiller has been donated and is now available for use!

## Nutrition for the Summer Heat



Did you know that dry skin during the summer might easily be remedied with a handful of nuts? Or that shiny hair is as much a sign of your diet as your shampoo? We know that what we eat affects how we feel, but most of us don't know how our diets affect typical summer problems, such as dry hair, chipped nails, or bloodshot eyes. Most of the time, the symptoms of poor summer diets go unnoticed, but they are truly warning given by our body to let us know our diet is lacking. To help you assess your dietary intake, the following warning signs will help you decide what, if anything, needs to be improved in your summer diet.

### **Dry, lackluster hair**

What's missing: Protein, folic acid, the vitamins B-6 and B-12, iron, vitamin C, and water

What you can do: Pack a spinach, caesar, or lentil salad in your picnic basket or brown-bag lunch for iron and folic acid; a piece of fruit for vitamin C; and raisins to boost iron. For those that eat meat, try adding chicken to your salads for B6 and B12 or simply supplement. Drink at least eight glasses of water on warm summer days

### **Chipped or weak nails**

What's missing: Protein; vitamins E, K and C; iron; selenium; zinc

What you can do: Use whole-grain breads for summer sandwiches; munch on at least five fruits and vegetables each day

### **Dull, dry skin**

What's missing: Folic acid and other B vitamins, copper, iron, water

What you can do: Remember your whole-grain breads and cereals; fruits and vegetables; iron-rich foods; and water

### **Flaky, itchy, or rough skin**

What's missing: Linoleic acid

What you can do: Add a tablespoon of Linoleic acid-rich foods, such as safflower oil, nuts and seeds, to the daily diet

### **Red eyes & vision loss caused by cataracts or macular degeneration**

What's missing: Vitamins C and E, beta carotene

What you can do: At least three servings or more daily of vitamin C-rich foods, such as citrus fruits, brussels sprouts and cabbage, is all it takes to protect your eyes

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California Healthy Cities  
and Communities



## Vegetable Exchange

Baskets will be set out on the table next to the tool shed at the community garden. All you need to do is select some of your produce from your garden to exchange for produce someone else has left in one of the baskets. It's that simple!



Vegetable Exchange dates are:

- Saturday July 16th
- Sunday July 17th

- Saturday July 30th
- Sunday July 31st



- Saturday August 13th
- Sunday August 14th

- Saturday August 27th
- Sunday August 28th



## RECIPE CORNER

### 4th of July Orzo Salad

#### **Ingredients:**

8 ounces orzo  
1 cup fresh, chopped tomatoes  
1/2 cup pitted, halved olives  
2 tablespoons red wine vinegar  
1/3 cup olive oil  
2 tablespoons fresh, chopped  
parsley  
salt to taste

#### **Nutritional Information:**

Serving Size 1/2 cup

Calories 110

Total Carbohydrate 17 g

Sugar 1 g

Omega-6 Fatty Acid 1 g

Vit. A 15 IU

Folate 52mcg

Protein 3 g

Dietary Fiber 1 g

Total Fat 3 g

Cholesterol 0 mg

Niacin 2mg

Vit.C 5mg



#### **Cooking Directions**

1. Bring 1 gallon of well-salted water to a boil. Add the orzo and cook until al dente, about 7 minutes. Drain well and let cool.
2. Place the orzo in a large bowl. Add the tomatoes, olives, red wine vinegar and olive oil. Mix well. Add the fresh herbs. Season with salt to taste.